

HELLO NAUGATUCK

HAPPY SPRING.....A History of the NVNA

INSIDE THIS ISSUE:

Parkinson's	2
Antimicrobial	3
Earth Day	3
About Us	4

The Naugatuck Visiting Nurses Association (NVNA) was established over ninety years ago under the auspices of the American Red Cross and was known as the Naugatuck Public Health Nursing Service. At that time the services to the community included maternal and child care, well baby clinics, public health care services and immunization clinics. The agency continued to be known as such until the 1980s when the Town of Naugatuck contracted the Naugatuck Valley Health

District to meet the Public Health needs of the community which included sanitation, communicable disease surveillance, WIC programs and flu clinics. The Naugatuck Public Health Nursing Service then became known as the Naugatuck Visiting Nurses Association and assumed the role of providing skilled home care services to the community. This service continues today. The NVNA provides skilled care under the orders of a licensed physician.

The skilled services include nursing, physical therapy, occupational therapy, speech therapy, medical social work and home health aides. The NVNA also provides care to seniors under the Homecare for Elders Program managed by Connecticut Community Care Inc. Other activities provided by NVNA are blood pressure clinics, participation in health fairs and community events. Physical therapists also do home and equipment safety checks.

The NVNA recently sold daffodils as a donation for cancer research.



DAFFODILS 1804

I WANDER'D lonely as a
cloud That floats on high o'er
vales and hills,
When all at once I saw a
crowd,
A host, of golden daffodils;
Beside the lake, beneath the
trees,
Fluttering and dancing in the
breeze.
Continuous as the stars that
shine
And twinkle on the Milky
Way,

They stretched in never-
ending line
Along the margin of a bay:
Ten thousand saw I at a
glance,
Tossing their heads in
sprightly dance.
The waves beside them
danced; but they
Out-did the sparkling waves
in glee:
A poet could not but be gay,
In such a jocund company:

William Wordsworth (1770-1850)

I gazed -- and gazed -- but
little thought
What wealth the show to me
had brought:
For oft, when on my couch I
lie
In vacant or in pensive mood,
They flash upon that inward
eye
Which is the bliss of solitude;
And then my heart with
pleasure fills,
And dances with the
daffodils.



The tulip was first recognized as a symbol for Parkinson's in 1980. At that time, a Dutch horticulturalist named J.W.S. Van der Wereld decided to honor Dr. James Parkinson, the first person to describe Parkinson's in 1817, by naming a tulip after him. It thus became a symbol for Parkinson's disease. This tulip was designed by Karen Painter, a person living with Parkinson's. This tulip is a red flower with distinctive leaves shaped like the letters "P" and "D".

http://www.pdf.org/en/parkinson_awareness

APRIL IS PARKINSON'S AWARENESS MONTH

Parkinson's disease is a movement disorder that is chronic and progressive. It affects many residents in our own community. Nearly one million Americans are living with Parkinson's. Approximately 60,000 Americans are diagnosed with Parkinson's disease

each year, and this number does not reflect the thousands of cases that go undetected. Seven to 10 million people worldwide are estimated to be living with Parkinson's disease. Incidence of Parkinson's increases with age, but an estimated four percent of people with

Parkinson's are diagnosed before the age of 50.

Unfortunately, the cause of Parkinson's is unknown and presently, there is no cure.

For more information contact: Parkinson's Action Network (PAN) at (800) 850-4726 or www.parkinsonsaction.org.

Symptoms of Parkinson's Disease

Symptoms vary from one person to another but may include:

Primary Motor Symptoms: resting tremor, bradykinesia (slow movements); rigidity; postural instability (impaired balance).

Secondary Motor Symptoms: Stooped posture, a

tendency to lean forward; dystonia; fatigue; impaired fine motor dexterity and motor coordination; impaired gross motor coordination; poverty of movement (decreased arm swing); Akathisia; speech problems, such as softness of voice or slurred speech caused by lack of muscle control, loss of facial expression, or "masking"; micrographia (small,

cramped handwriting); difficulty swallowing; sexual dysfunction; cramping; drooling.

Non-motor Symptoms: sleep problems; depression; pain; dementia; skin problems; fear or anxiety; memory difficulties and slowed thinking; urinary problems; fatigue and aching; loss of energy; compulsive behavior.

Causes of Parkinson's Disease

We do not know what causes Parkinson's Disease to develop in people. Experts identified several suspected factors. These include aging, genetic factors and environmental factors.

People over the age of 60 have a 3-4 % risk of developing Parkinson's as compared to the 1-2% risk among the general population.

Scientists believe that only five percent of the

one million people living with Parkinson's have a genetic cause.

Factors may vary from person to person and are probably a combination of causative factors.

Antimicrobial Resistance Chosen as World Health Day 2011

"On Nov. 6, 2010, the World Health Organization announced that the global problem of antimicrobial resistance has been chosen as the theme for World Health Day 2011. WHO said it will launch a worldwide campaign on that day -- April 7, 2011 -- to safeguard medicines for future generations. The campaign will focus partly on HIV/AIDS, tuberculosis, and malaria pandemics; WHO said it will call on governments around the world to implement policies to prevent the emergence of

highly resistant "superbugs." Antimicrobial resistance has long been a concern for U.S. policy makers and public health organizations, including CDC. This concern made the American public aware of MRSA -- Methicillin-resistant *Staphylococcus aureus* -- bacteria, for example. John Conly, a professor of Medicine, Microbiology and Infectious Diseases and Pathology and Laboratory Medicine at the Centre for Antimicrobial Resistance at the University of Calgary in Canada says antimicrobial

resistance "occurs everywhere but is particularly a concern in countries where prescription of antimicrobials is unregulated and where you can buy antibiotics over the counter." Another source of resistance is "use of antibiotics in the agri-food industry -- in cattle, poultry and hog farming, fish farming, honeybee hives -- where these agents are used as growth promoters."

<http://ohsonline.com/articles/2010/11/10/10-antimicrobial-resistance-chosen-as-world-health-day-2011-theme.aspx>



EARTH DAY APRIL 22, 2011

CDC wants to encourage you and your family, workplace, or community group to participate in or start up some activities in honor of Earth Month, Earth Day, or National Environmental Education Week.

Consider transportation choices like biking, walking, carpooling, or using public transit.

Consider electronic documents when possible; if you need to print do so responsibly (double sided, recycle paper when done). Make environmentally conscious food choices.

Consider sustainable and local foods.

Hold a green potluck -- bring healthy foods, use reusable plates, utensils, and napkins.

Create your own green spaces -- plant a tree or vegetable garden at home, school, or work!

<http://www.cdc.gov/Features/EarthMonth/>

Hand washing helps prevent the spread of infections

When should you wash your hands?

Before, during, and after preparing food
Before eating food
After using the toilet
After changing diapers or cleaning up a child who has used the toilet
Before and after caring for someone who is sick
After blowing your nose, coughing, or sneezing

After touching an animal or animal waste
After touching garbage
Before and after treating a cut or wound

What is the right way to wash your hands?

Wet your hands with clean running water (warm or cold) and apply soap.
Rub your hands together to make lather and scrub them

well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
Rinse your hands well under running water.
Dry your hands using a clean towel or air dry.
<http://www.cdc.gov/Features/HandWashing/>

Hand Sanitizers

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce

the number of germs on hands in some situations, but sanitizers does **not** eliminate all types of germs.

Hand sanitizers are not effective when hands are visibly dirty.

How should you use hand sanitizer?

Apply the product to the palm of one hand.
Rub your hands together.
Rub the product over all surfaces of your hands and fingers until your hands are dry.

**NAUGATUCK
VISITING NURSES
ASSOCIATION**

600 RUBBER AVE.

**NAUGATUCK, CT.
06770**

Phone:

(203) 720-7095

Fax:

(203) 729-9865

E-Mail:

nurses@snet.net

**We're on the
Web!**

**[www.naugatuck-
ct.gov](http://www.naugatuck-ct.gov)**



Naugatuck VNA Services

The Naugatuck VNA was established in the 1920s under the auspices of the American Red Cross

Services are provided under the order of a licensed physician to adults who are 18 years and older and residents of the Borough of Naugatuck.

Care givers participate in workshops, symposiums and in service educational programs.

Services include:

Nursing

Physical Therapy

Occupational Therapy

Speech Therapy

Medical Social Worker

Home Health Aides

The staff includes a director, supervisor of clinical services, registered nurses, physical therapists, home health aides, and office personnel.

Speech therapy, occupational therapy and medical social worker services are provided by professionals under contract with our department.

Other Services:

Bath Aide Program

Private pay medication assistance

Home safety checks

Referrals to community resources

About Our Organization...

The Mission of the Naugatuck Visiting Nurses Association is to provide quality Home care services in a safe and cost effective manner to individuals in need of such services in the community.

